

How To Be HEALTHY AND BEAUTIFUL

By MRS. HENRY SYMES



Getting Rid of Annoying Facial Blemishes

Only a Few Blackheads Should be Removed at a Time.

THE best kind of help is to help others to help themselves, and with this thought in mind I shall endeavor to give some simple but effective remedies for the removal of blackheads, as the innumerable inquiries on this subject that come to me make me feel quite sure that this will interest a large proportion of my readers.

Authorities differ on the subject of the removal of blackheads, but all agree that the diet should be simple and great care be taken of the digestive system.

It is also most beneficial to drink quantities of water, not just an occasional glass, but several quarts during the day.

Absolute cleanliness is a necessity. To accomplish this give the face a daily scrubbing with soap and hot water in which a pinch of borax has been dissolved, using a good complexion brush. The brush should be firm enough to dig out every particle of dust and sebaceous matter from the pores and still not stiff enough to injure the skin. Send the brush about the cheeks in wide circles, beginning at the chin, sweeping around upward toward the ears and back again.

The nose, which is more liberally supplied with oil glands than any other part of the face, is most difficult to keep cleansed and free from blackheads. The brush must be used with small, quick up-and-down strokes. If, after the face

is washed the little black points still remain, take a soft linen cloth or the end of an old towel and, with equal parts of cologne and water, or of alcohol and water, rub them out.

If they are too large to yield to such treatment, then they can be removed by a watch key or a comedo extractor, which is more convenient and may be purchased for a few cents. It should be placed carefully, so that the comedo comes in the center of the aperture, and then gentle pressure should be made until the little worm-like contents of the follicles are expressed. Sometimes a very obstinate case it is best to prick them first with a very fine needle, which has been dipped in boiling water.

If there are very many blackheads and they are close together, it is better to remove a few at a time and then wait a day before repeating the process; otherwise the skin might become irritated.

I am giving several recipes that have been used with most satisfactory results.

BLACKHEADS.
Tincture of green soap, 2 ounces; distilled water, 2 ounces. Let this mixture stay on only a few minutes, then wash off with hot water. If the green soap irritates the skin, as it sometimes will, use it every other day.

Green soap may be purchased at any

good drug store. It is not a regular "cake soap," but is of about the consistency of custard.

BLACKHEADS OF THE SKIN.
Boric acid, 2 grams; alcohol, 2 ounces; rosewater, 4 ounces.
Use with friction twice a day on the skin affected.

OBSTINATE BLACKHEADS OF THE SKIN.
Ether, 2 ounces; soap liniment, 2 ounces. Rub into the spots affected and as soon as the mixture burns wash the surface with hot water.

WHEN PIMPLES FOLLOW BLACKHEADS.
Cure for Confluent Acne (Monin).
Apply the following mixture to the affected parts morning and night:
Glycerine, 40 grams; oxide of zinc, 5 grams; soap tincture, 10 grams; potassium alum, 2 grams. Mix.

For internal treatment in connection with the above the patient should take each morning before breakfast one tablespoonful of a mixture composed of equal parts of pure glycerine and castor oil.

LOTION FOR ENLARGED PORES.
Boric acid, 1 gram; distilled water, 4 ounces. Apply with a piece of old linen or a bit of absorbent cotton. Cleanse the skin thoroughly before applying.



quite thick and sometimes oily. For about a month past it has been falling rapidly. I really have to comb it, it snarls so, and I get discouraged when I see so much coming out. I was never bothered so before. I seldom used to lose a hair. Do you think my scalp is dried up and needs treatment? Will you please give your opinion and advise me what to do?

MAIZIE.

Have the ends of your hair singed, or trimmed carefully, give it a thorough shampooing, and commence treatment with the following tonic, rubbing it well into the scalp with the tips of the fingers with little wheel-like movements:

TONIC FOR FALLING HAIR.
Tincture of nux vomica, 1 ounce; spirits of rosemary, 2 ounces; alcohol, 2 ounces.
Apply several times a week to the roots of the hair.

A. C.—Since receipt of your letter rules for the reduction of hips and abdomen have been published.

Mrs. O. D.—The Vaucaire remedy is one of the best things I know of for bust development, and I have had most satisfactory results from many of my correspondents, who have used it with beneficial results. It will not develop any other part of the body. The amount required to be taken differs in different cases. I am giving you the formula, and assure you that it is perfectly harmless.

DR. VAUCAIRE'S REMEDY FOR BEST.
Liquid extract of galega (goatsrue), 10 grams; lacto phosphate of lime, 10 grams; tincture of fennel, 10 grams; simple syrup, 40 grams.
The dose is two spoonfuls with water before each meal.

Dr. Vaucaire also advises the drinking of malt extract during meals.

guine tonic; used this two or three times a week. While using tonics the change for better has been but slight, and when I stop the use of tonics, my hair falls out as bad, if not worse, than ever. Does sleeping with a plait down the back break the hair? Mine is full of short ends.

Would like your remedy for premature wrinkles. Know you have given it, but don't seem to be able to find it. Also some suggestion to rid my chin of a flabby appearance underneath. Am thirty-nine years old, too young for wrinkles, flabby skin, and a bald head.

MRS. I. U.

You will find the tonic for which formula is given very beneficial for the condition of hair you describe. Before commencing treatment with this, have the ends of your hair carefully singed or trimmed. Sleeping with the hair in a braid is beneficial rather than harmful. Massage your chin with a good skin food according to directions so frequently published in this department. The following exercise is most beneficial for giving tone to the chin and reducing the ugly rolls of fat which show a tendency to accumulate. First throw the head back with sufficient force to put all the muscles on a stretch. Then in the same manner twist the head first to the right and then to the left. Another exercise, movement, consists in thrusting out the lower jaw as far as possible and bringing back firmly the corners of the mouth, putting all the muscles under the chin on a firm stretch.

FORMULA FOR DRY, FALLING HAIR.
Cologne, 8 ounces; tincture of cantharides, 1 ounce; oil of English lavender, oil of rosemary, ½ dram each.
Apply to the roots of the hair once or twice a day.

LOTION FOR PREMATURE WRINKLES.
Alum, 60 grains; almond milk (thick), ½ ounce; rosewater, 8 ounces.

Male Correspondent Asks Help.
For years I have daily washed my head in soap and water. Now my hair is very dry and stiff. Could you prescribe a remedy? Am a male reader of your column.

G. K. E.

Stop using soap and water on your hair so frequently; once in two or three weeks is often enough for a shampoo. To improve the dry, stiff condition of your hair, rub a little vasoline well into the scalp with the tips of the fingers. Only a very small quantity should be used at each application.

Cultivate An Attractive Voice
HOW many women realize that in a voice there is more power, perhaps, than in any beauty of feature? A strident voice is enough to spoil any woman, and yet this is a fault which can be more easily remedied than any other human defect. Of course, it may be impossible to render a voice absolutely perfect, but even the harshest accents can be improved by a little care on the part of the possessor.

Purely American.
There is a peculiar quality of voice common to the American woman, which stamps her nationality wherever she may travel in European countries. She is renowned for her nasal twang. Not alone this, either, but there is another and just as serious fault to be overcome. Whether it is a result of the overlying hurry that the modern woman seems to be in, or for some cause unknown to science, the average woman talks as rapidly as she does everything else. Her words are apt to fall over each other in her eagerness to express her meaning, and as she goes on her tone is a rapid crescendo, until it reaches such a pitch that it carries far and beyond her whom she wishes to hear.

Deliberation.
If a woman could be brought to understand how much more fascinating she is when she gives her thoughts in softly spoken words, and how much more import is gained by deliberate, quiet speech—not a hesitating, faltering delivery, but a quiet, gentle voice, the words well chosen, the accent clear and soft. The possessor of such a gift may keep a whole roomful of people hanging on her accents.

The high, strident voice often carries a misconception of the speaker's mood. In these days, when flat-dwellers are myriad and walls are such flimsy and treacherous affairs, an ordinary conversation between two women possessing such voices will seem often like a regular quarrel.

Did you ever notice that your grandmother's voice is soft and gentle? Has she not often said to you when you were telling her of some interesting affair, "Hush, not so loud?" It was not so in her day, when to cultivate a pleasing address was as much a part of her education as to conquer the three "R's." No doubt, she, too, had the characteristic American "twang," but it was softened and corrected to a degree. There is a mistaken idea among our young people of today that a subdued voice denotes a quiet, suppressed—even treacherous—nature. This is a simple fallacy, as a moment's consideration will show.

Do not let growing children shout and scream at each other; do not allow them to talk all at once, and try to obtain attention by means of the loudest voice. Above all, do not let them pour out their words at railroad speed. This applies to boys as well as to girls.

As for all women, let them remember the words of Holmes, when he said: "She may not have youth or beauty, or even manner, but she must have something in her voice or expression which makes you feel better disposed toward your race to look at or listen to."

Mrs. Symes' Health and Beauty Talks to Correspondents

ANSWERS TO MANY QUESTIONS

Scalp and Skin Dry.
I have been an interested reader of your column, and have decided to come to you for advice. I am twenty-seven years old. My scalp, face, and hands seem perfectly dry, and I am quite wrinkled around the corners of my eyes and on my forehead. I use very little soap, but after washing my face the skin seems as if it was stretched. I am fleshy enough, and quite healthy.

Yours truly,
J. L.

I think that both your skin and scalp need nourishment with some good emollient. After washing your face and hands, rub in a good cream—the orange flower cream is excellent. Try the lotion I am giving you below for your scalp; liquid ammonia, 1 dram; oil of olive, 1 ounce.

LOTION FOR DRY SCALP.
Glycerine, 1 ounce; eau de cologne, ½ pint; liquid ammonia, 1 dram; oil of olive, 1 ounce; oil of rosemary, ½ dram; tincture of cantharides, 1 ounce. Shake well and use as follows: Rub the scalp with the fingers for ten minutes, then add camphor julep, ½ pint, and again mix well and stir. A few drops of rose or musk or other perfume can be added.

To Make the Skin Look White.
I am going to ask you once more for your advice. I have heard of a lotion for strengthening the muscles of the face, and to keep away wrinkles. Half a pint of best alcohol, two ounces of spirits of camphor, two ounces of spirits of ammonia and five ounces of sea salts; use daily. Do you think it is all right? Also let me know of something to make my hands and arms fair, as they are very thin.

I have still another favor to ask. I would like something to make my skin look white at night, and would peroxide of hydrogen remove freckles from the nose?

H. W. S.

I have heard of cases where the preparation you refer to has been beneficial. Personally, I think that it should be used with caution, as I fear too frequent applications might injure a tender skin. To make your hands and arms plump, rub in a good skin food every night and let it remain on all night. The liquid powder for which I am giving you formula will make your skin look white at night, and the lemon and glycerine lotion will remove the freckles from your nose.

LIQUID WHITENER.
Pure oxide of zinc, 1 ounce; glycerine, 1 dram; rosewater, 4 ounces; essence of rose, 15 drops.
Sift the zinc, dissolving it in just enough of the rosewater to cover it, then add the glycerine, next the remainder of the rosewater.

Red Hands.
Have very often read your advice to others, and now come to you with troubles of my own.

I have a great deal of dandruff, which causes me much embarrassment. Besides, my hair is falling out so profusely now, and is becoming so thin and short, that I am unable to wear it down my back in a braid, as I am accustomed to. Now, could you please give me a simple remedy that will not change the color or the texture of the hair, and will not cost too much, but will cure the dandruff and make my hair grow thick and long?

If you would kindly do this for me, and print it in your helpful columns of the paper as soon as possible, I shall be very, very grateful to you; also, could you please tell me a remedy for red and chapped hands? My mother's hands are so rough during the cold weather that everything they touch catches on to the skin.

SWEET SIXTEEN.

To remove the dandruff from your hair, first give it a thorough shampooing and then commence treatment with the dandruff cure given below, continuing until the dandruff has disappeared. Mutton suet is a simple efficacious remedy for red hands. Cut kidney suet into bits and put into a glass jar or bowl. Place the jar in a pan of water and on the stove. Pour off the melted tallow, add a few drops of carbolic acid and beat until cool. This may be rubbed into the hands at night and leave gloves worn.

TO REMOVE DANDRUFF.
Tincture of cantharides, 1 ounce; liquid ammonia, 1 dram; glycerine, ½ ounce; oil of thyme, ½ dram; rosemary oil, ½ dram.

Mix all together with 6 ounces of rosewater. Rub the scalp thoroughly with this until no further evidence of dandruff is noticed.

Itching Scalp.
I have been watching your beauty columns very closely to see if some one else would ask for the advice I want, so that I wouldn't have to trouble you. But I haven't seen anyone with ex-

actly the same trouble. My hair has been coming out for the last three years, until now it has got quite thin. My head will itch so it seems as though I could pull all my hair out; and the only thing I have found so far to help it at all is a good shampoo, but that only helps for two or three days.

How often can one have a shampoo without hurting the hair?

Knowing you will give formula for restoring my hair and stopping the itching in your next paper, I remain,

A. H. N.

The lotion given below has often proved successful in cases such as yours. Another simple remedy which has proved effective is rubbing a small quantity of vasoline well into the scalp with the finger tips each night.

FALLING OF THE HAIR.
Tincture of nux vomica, 1 ounce; spirits of rosemary, 2 ounces; alcohol, 2 ounces.
Apply several times a week to the roots of the hair.

Bran Bags for the Hands.
Will you please give me a recipe for bran bags to be used only upon the hands? I want something to take off the dirt.

KATHARINE.

You are wise in using bran bags for your hands. They make the skin soft and keep it from chapping. Take a pint of bran and add a cup of cold bits of soap powdered fine. To this add a tablespoonful of powdered borax. Mix well together and put into bags just large enough to handle. This will make an excellent scrubbing preparation. Rinse well with tepid water.

Worried About Complexion.
As I am a regular reader of your health and beauty talks, I thought you might help me. I am very much discouraged with my skin, which was clear and soft, and now for almost a year it has been changed. I am using the face scrubbing brush and orange flower cream every night; also peroxide to whiten it, but it does not look the way it did before. The pores are large, and no matter what I use I can't make it soft. I thought there must be something wrong inside, and I went to the doctor, as my tongue is coated more or less all the time. Sometimes it is yellow and light brown, but I never have any pain. The doctor gave me some medicine, and also phosphate of soda to take every morning, and I have taken it a long while now, and still no change. I thought perhaps you could suggest something that would help me, for you have helped so many.

G. G.

I think it quite likely that the trou-

ble with your complexion is due to inward causes, which your doctor should be able to correct. I think, however, you may improve its appearance by the following treatment. Every morning use the lotion for enlarged pores, printed elsewhere, and at night just before retiring bathe your face well with warm water and then rub in the orange flower cream, allowing it to remain on all night. Do not use anything else on your face for awhile.

Wants Red Gold Hair.
I have been a constant reader for five years, and this is my first request. I have yellow hair and would like something that would give it a reddish tinge and at the same time cause it to be soft and fluffy. I think red gold hair very pretty, and would be very grateful to you if you would answer as soon as possible. I would like something to make my hair a rich, reddish gold.

M. W.

Ienna strain would be the best thing for this purpose. Directions for its use appear frequently in this department.

Worried About Complexion.
Will you kindly advise me what to do regarding my complexion? For the last two years I have had pimples on my forehead, and recently have been using a medicine for purifying my blood and also a liquid for my face. Now my complexion is becoming quite clear again, with the exception of hair, which is beginning to grow on my upper lip, the sides of my cheek and unbecomingly between my eyebrows. Will you kindly tell me if the liquid is the cause of this growth of superfluous hair? I shall feel very grateful to you if you'll tell me what to do to clear my complexion from this superfluous hair.

C. C.

As you do not describe the liquid you are using on your face, it is impossible for me to tell whether it is producing a growth of superfluous hair. However, if you are in the least doubt about it, I advise you to stop using the liquid. The following treatment is excellent for clearing the complexion: Rub the face over, just before washing it, with two teaspoonfuls of flowers of sulphur mixed in half a pint of new milk. This mixture should stand a little while before it is used on the face.

To Stop Hair From Falling.
Will you kindly advise me what to do regarding falling hair? My hair is of a reddish brown color, not the crisp auburn shade, but is coarse,

quite thick and sometimes oily. For about a month past it has been falling rapidly. I really have to comb it, it snarls so, and I get discouraged when I see so much coming out. I was never bothered so before. I seldom used to lose a hair. Do you think my scalp is dried up and needs treatment? Will you please give your opinion and advise me what to do?

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Dr. Vaucaire also advises the drinking of malt extract during meals.

To Bleach the Skin.
My skin is naturally dark, but I would like it to be white. I have tried several "bleachers." Can you give me something through your paper that will bleach without a doubt?

A.

Peroxide of hydrogen makes an excellent face bleach. Pour a little into a saucer, and apply with a soft linen cloth. This can be used daily until the desired whiteness is obtained. Of course, it will not bleach a brunette skin white.

Impatient for Results.
In your recipes of several weeks ago, I found one for thin eyebrows which was oil of sweet almonds. My eyebrows are very thin toward the temple, and after several weeks' application, I see no change. Kindly tell me if this is the best formula you have.

My complexion at times is very sallowness, and again as clear as can be. What do you think causes this sallowness? Any advice you can give me will be greatly appreciated.

S. S.

I don't think you should expect a perceptible change in the appearance of your eyebrows in so short a time. However, if you wish to try another remedy, perhaps you might get quicker results from the eyebrow grower for which I am giving you a formula. I think the sallowness is the result of some disturbance of the liver or digestive organs; correct that, and the sallowness will, no doubt, disappear.

EYEBROW AND EYELASH GROWER.
Cologne, 2½ ounces; glycerine, 1½ ounces; fluid extract of laboratory, 2 ounces.

Agitate ingredients till thoroughly incorporated. Apply to the eyebrows with best brush, and to the lashes with a tiny camel's-hair paint brush. The brush must be freed from any drop and passed lightly along the edge of the eyelids, exercising extreme care that no minutest portion of the lotion touches the eye itself.

Flabby Skin and Bald Head.
Will you kindly give me some help in a matter of great importance to me? My hair is falling out by the handful. What was once a very heavy suit of hair is now so thin one can see the scalp. Hair very long, brown in color, split at ends, scalp has some dandruff on it; hair and scalp naturally very dry. What falls out seems to be full of rough places, which are very perceptible to the touch. Have used several kinds of tonics, among others your